

16 Diagram of field with player
in position for centre bully.

Diagram of line up of players for long
corner.

Diagram of line up of players for
25 yd. bully.

1/1 List of players and who they mark.

1/1 Bibliography (posted)

1/1 Reading (see front of book)
Hockey Book
Trineographed book.
Field Hockey for coaches and players.
Bum, Wilda V. Chp. II - technique.

Centre Forward.

Right Inner

Left "

Right Wing.

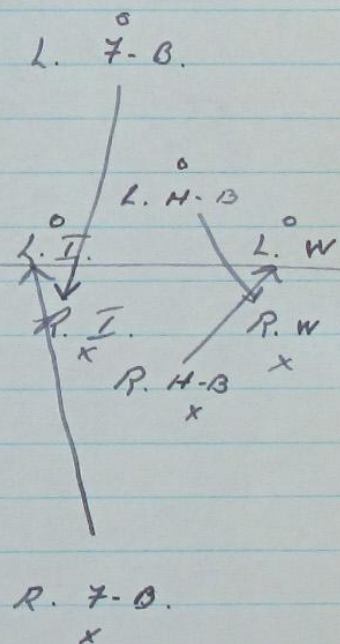
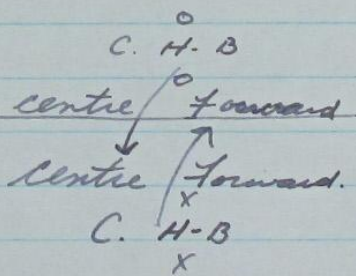
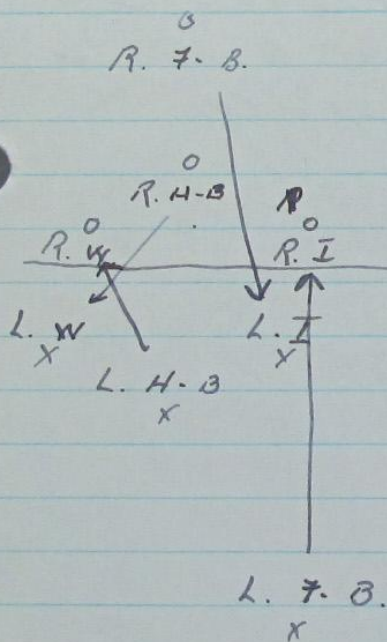
Left "

Person who guards C.F. is C.H.

" " " R.I. is opping R.F.

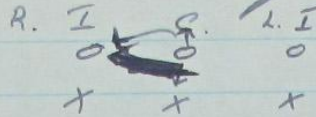
Right wing is left half back.

Goal.



Goal.

IV After the 3 ground strikes the center player may reverse her stick and pull her ball to right and hit to own right inner.



Draw should not be between feet.

IV After the 3rd ground strikes jump back and pass to left inner. The object of jumping is not to obstruct other player by the shoulder.

L. Creighton.

Hockey Outline.

I. Strokes.

1. Dribble

(a) Hands ---- left hand at top of stick, the back of the hand in the direction of the ball and the wrist parallel with the stick. The right hand a few in. below the left.

(b) Ball --- slightly ahead and outside the right foot.

(c) Stick ----- handle perp. to the ground.

(d) Execution ---- a series of short taps so that the player may progress with the ball. The ball travels about 3 ft. on each stroke.

(e) Use ----- to carry the ball while running. To keep possession of the ball until tackled.

II. (2) Push.

(a) Hands ---- left hand at the top of the stick, the back in the direction of the ball and the wrist parallel with the stick. The right hand 4 or 5 inches below the left.

- (b) Ball ---- slightly ahead of the right foot for a forward or diagonal pass.
- (c) Stick ---- approx. at rt. \angle 's to the ground.
- (d) Execution ---- the blade is placed against the ball & the left hand is pulled back sharply.
- (e) Use ----- to make a short easy pass in any direction. Especially good for free kick near the circle.

3 Drive.

- (A) Hands ----- left hand at the top of the stick, right hand directly beneath it. All fingers are around the stick. Back of the left hand is in the direction of the ball, palm of the rt. hand facing the direction of the ball.
- (b) Ball --- to the rt. of the body for a pass to the rt. in front of the body for a pass to the lt.
- (c) Stick ---- approx. at rt. angles to the ground at the moment of hitting the ball.
- (d) Execution --- a short, sharp swing. The lt. shoulder is generally facing in direction of pass.

(c) Use a hand pass or shot at goal.

II. Tackles

1. Left hand lunge.

(A) Execution ... the stick is swung sharply down from the carrying position. The r. hand pushes the stick to add momentum. The thumb of the left hand is up the back of the stick to brace it. Check the stick a few in. ahead of the ball.

(b) Use to tackle a player a little ahead and to the left of the tackler.

2. Circular tackle.

(A) Execution ... a push and a dribble around an opponent. The opponent must be completely circled & avoid obstruction!

(b) Use to tackle a player to the r. of the tackler.

III. Bullies.

1. To centre half.

(A) Reverse the stick and tip the ball back to the centre half. The stick is reversed by turning it with the r. hand.

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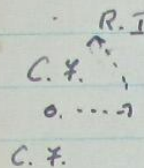
o ---> C.H.

C.F.

2006

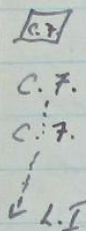
2. To right inner.

- (A) Reverse the stick & tip the ball back a short distance, then hit to the right inner, the ball going to the non-stick side of the opposing center forward.



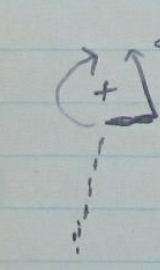
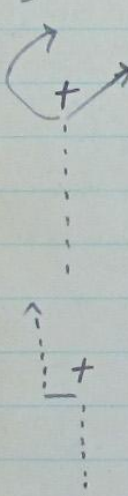
3. To left inner.

- (A) Jump backward & pull the ball with you. Hit the ball diagonally past your left side to your left inner.



IV Dodges.

1. Dribble straight toward your opponent, push the ball to her non-stick side, run around to the opposite side and receive the ball.
2. Dribble toward the opponent, pull the ball toward her stick side, just out of reach, and dribble past her on the stick side.
3. Dribble toward opponent, reverse stick and tap the ball to the right then push it past her non-stick side. Run around to her stick side and recover the ball.



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- + opponent
- dribble
- straight solid line pass
- ✓ curved solid line player without ball.

6. Definitions.

1. Carrying position --- the position of carrying the stick while running on the field. Stick held with left hand at the top, right hand further down the handle and the stick held about waist height.
2. Centering shot ---- a pass from the ring across the goal to the center or inner. (Generally taken somewhat beyond the 25 yd. line.
3. Clear --- to send the ball out away from goal area.
4. Completed Bully --- a bully is complete when the ball is touched by either center forward after completing ground-sticks 3 times.
5. Defending team --- the team not in possession of the ball.
6. Defense ---- halfbacks, fullbacks + goalie.
7. Mark ---- to stand close to the forward for whom the back is responsible. (Each defense player marks a definite forward on opposite team)
8. Non-stick side ---- the left side of any player is called the non-stick side.

9. Own goal ---- the goal which your team is defending.
10. Rush ---- to follow up a shot at goal.
11. Tackle --- a method of getting the ball away from an opponent.
12. Cover --- the position taken by the fullback who is not marking.
13. Alley ---- space between the side line and alley line.
14. Striking circle ---- semicircle in front of each goal.

VI Fouls and Penalties.

1. A list of common fouls.
 - (A) Hitting the ball.
 - (B) Raising the stick above shoulders.
 - (C) Obstructing by turning on your opponent.
 - (d) Undercutting ball as it is raised in air.
 - (e) Advancing the ball with the hands, shins or any part of the body.
 - (f) Hitting the ball with the round side of the stick.
 - (g) Being in an offside position.
 - (h) Hitting your opponent's stick.
 - (i) Pulling the ball between your feet.

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2. Penalties.

- (A) The penalty for any foul is a free kick.